



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Glitsch, Heiko

Club: TV Frischborn

Number: 68

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:07:09

Speed: 8.04 km/h

Running performance: 6:53 min/km

Rank in course/Total: 200 (of 246)

Rank in course/Men: 135 (of 148)

Best time in course: 33:48

Rank in category: 26(of 27)

Best time in the category: 39:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	21:37	6:39	26	9:21	136	11:06	3.25	21:37	6:39	26	9:21	136	11:06
Lap 2	3.25	22:31	6:55	26	9:03	136	11:00	6.50	44:08	6:47	26	18:24	136	22:06
Last lap Finish	3.25	23:01	7:04	25	9:39	132	11:22	9.75	1:07:09	6:53	26	28:03	135	33:21